

Mental and Emotional Wellness

*GPSTC Police Legitimacy, Procedural Justice, and
Community Relations Curricula*

Online Training Course

Program of Instruction



Georgia Public Safety Training Center
Instructional Services Division
November 2017

Mental and Emotional Wellness

2 hours

Purpose

The purpose of this course is to help law enforcement officers recognize and evaluate their own mental and emotional wellness. This course is presented as an interactive online course, and the students will complete activities throughout the course.

Instructional Goal

This course provides officers with ways to recognize and manage stress. Course topics include types of stress, stress response, causes and symptoms of stress, Post-Traumatic Stress Disorder, and healthy stress management techniques.

Intellectual Property Notice

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Evaluation Plan

A written examination should consist of 20 multiple-choice questions designed by the agency instructor. The questions must follow the prescribed method of test development according to POST Uniform Academy Rules and Regulations.

The quality and effectiveness of this course should also be evaluated through feedback from course participants using course evaluation forms, observation by instructional supervisors, and feedback from graduates.

Mental and Emotional Wellness

Terminal Performance Objective

While working in public safety, law enforcement officers will utilize techniques to minimize the effects of stress on the body and mental health, in accordance with the American Psychological Association.

Enabling Objectives

- 1.1 Explain stress response and how it affects the body.
- 1.2 Identify the three types of stress.
- 1.3 Determine causes of stress.
- 1.4 Identify symptoms of stress.
- 1.5 Discuss healthy stress management techniques.
- 1.6 Describe post-traumatic stress disorder and how it affects law enforcement officers.
- 1.7 Discuss the importance of an officer's mental and emotional wellness.

Topical Outline

- I. Course Introduction
 - A. Introduction Video & Instructions
 - B. Activity
 - C. Reading assignments
 1. Course Introduction
 2. **Terminal Performance Objective**

While working in public safety, law enforcement officers will utilize techniques to minimize the effects of stress on the body and mental

health, in accordance with the American Psychological Association.

3. Enabling Objectives

- a. Explain stress response and how it affects the body.
- b. Identify the three types of stress.
- c. Determine causes of stress.
- d. Identify symptoms of stress.
- e. Discuss healthy stress management techniques.
- f. Describe post-traumatic stress disorder and how it affects law enforcement officers.
- g. Discuss the importance of an officer's mental and emotional wellness.

II. Stress Response and How It Affects the Body

A. Stress Response and How It Affects the Body Presentation

B. Learning Activity

III. Three Types of Stress

A. Three Types of Stress Presentation

B. Learning Activity

IV. Causes of Stress

A. Causes of Stress Presentation

B. Reading Assignment: "Recidivism & Federal Sentencing Policy"

C. Learning Activity

- V. Symptoms of Stress
 - A. Symptoms of Stress Presentation
 - B. Reading Assignment: “Prescription for Abuse” by Sean Riley a KCTS 9 Documentary
 - C. Learning Activity
- VI. Healthy Stress Management Techniques
 - A. Healthy Stress Management Techniques Presentation
 - B. Reading Assignment: “8 Ways to Stop Thinking About Journaling and Actually Start Journaling.”
 - C. Learning Activity
- VII. PTSD and How It Affects Law Enforcement
 - A. PTSD and How It Affects Law Enforcement Presentation
 - B. Learning Activity
- VIII. The Importance of Mental Wellness
 - A. The Importance of Mental Wellness Presentation
 - B. Learning Activity
- IX. Course Conclusion
 - A. Reading Assignment: Course Conclusion
 - B. Final Exam

Student Resources (Optional recommended reading)

1. The General Adaptation Syndrome Handout
2. Symptoms of Stress
3. Stress Management Plan Worksheet

4. Peer Support Handout

Instructional Guide

This block of instruction could be enhanced by the use of additional videos, a practical exercise, role-playing, or demonstration.

Instructor References

The instructor should identify current references for this block of instruction, including, but not limited to, the Peace Officer Reference Text, the Georgia Criminal and Traffic Law Manual, and the Georgia Criminal Procedure Manual for Peace Officers, as amended.

The following references were used in the original development of this course.

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